

# HITTIN' THE MAT

with KING KONG BUNDY  
and  
PRETTY BOY LARRY SHARPE



*The Ultimate Guide to  
Becoming a Professional Wrestler*

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# Hittin' the Mat

by

KING KONG BUNDY

and

PRETTY BOY LARRY SHARPE

Little, the Man

LONG ROAD BY DAY

THE BOY LARRY

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# INTRODUCTION

Hello, and thank you for purchasing our guide. Over the years, we have been asked the same question, countless times: "How can I become a professional wrestler?" This is a question that cannot be fully and completely answered in a few moments' time. For this reason, we have decided to publish this guide. We feel that we are uniquely qualified to write this manual due to the fact that together we have almost forty (40) years experience in the wrestling business.

We have wrestled at every level: opening match, middle of the card, and in the main event; in virtually every promotion in the United States and many more internationally. In addition, Larry Sharpe has worked as a referee and manager, and is the owner and founder of the "Monster Factory", the premiere wrestling school in the world today. He has trained more top stars in the world of professional wrestling than any other school of its kind.

You may have heard the old saying that those who can, do; and those who can't, teach. We feel secure in our knowledge and believe that our credentials bear us out; that we can and have done both.

## BACKGROUND ON WRESTLING

In the past there were far more opportunities to become a professional wrestler than there are today. Then, there were many small areas called "territories"; each having its own promotion. There were territories in Texas, Georgia, North Carolina, Florida, Oregon, Minnesota, California, and, of course, New York (which is now the W.W.F.).

With the expansion of the W.W.F., these other promotions were forced out of the business, leaving far fewer employment possibilities for the beginning wrestler. As of now, the W.W.F. and W.C.W. are the only places where a wrestler can earn a full-time living. The smaller, independent promotions across the country are a good place to learn and polish your skills, and are a good place to earn part-time money, not full-time. But don't let this discourage you; there will always be a demand for top-notch professionals. And even if you don't reach this level, this business can provide you with many memories and friendships that will last a lifetime.

# WHAT THIS GUIDE WILL DO FOR YOU

We would like you to think of this guide as a reference or resource manual. No written words can train you to be a professional wrestler. But the information in this guide can start you on the road to a career as a wrestler. In this guide, you will find the names and addresses of reputable wrestling schools, wrestling federations, sources of equipment, training tips, helpful hints for beginning and continuing your career, and much more.

Also included is information on making that first contact with a promoter, what to say, and how to say it. Read this guide thoroughly, and then take the next step. Who knows, you could be the next Hulk Hogan, Bret Hart or Shawn Michaels. Somebody has to be !!!



## GETTING STARTED

So you want to be a Pro Wrestler, huh kid? Well, you definitely got started on the right foot. You will find the following pages to be very informative if you are seriously considering becoming a Professional Wrestler, referee, or manager/valet.

Ask yourself exactly what you want from Pro Wrestling. Fame? Fortune? Glory? Excitement? Well, all of the aforementioned is possible. But believe me, you can expect and will get more out of this business than you ever bargained for.

Are you approaching this as strictly a business or hobby? What kind of effort are you going to invest in your career? Are you willing to give 100% of your effort to become a pro wrestler? You will only get out of it what you put into it.

This guide is designed to help you get a solid background to enter the professional wrestling business. No matter what type of job you have when you are at entry level, you will always be asked the same question: what type of background do you have?

When I asked Wild Red Berry (a famous wrestler of the '40s and '50s, and great manager of the '60s), he told me to get at least ten (10) years amateur experience. Fortunately for me, there were those avenues to follow, and that was years ago. Although having an amateur background is a great way to get started, it is not as necessary now as it was then.

The most effective way to enter the wrestling business is to pick a good wrestling school. And we will tell you how to do that. The only other ways that work are very unorthodox, such as to promote wrestling yourself (which can be very costly); marry the boss's son or daughter; or send resumes to every promoter in the country and hope for a miracle.

This guide has been written not to teach you how to be a pro wrestler, referee, manager, or valet; but to give you guidance and information on what to look for, getting into pro wrestling, how to pick schools, how to conduct yourself in the ring and locker rooms, around promoters, and how to treat fans.

Keep in mind that the wrestling fans are the most important people in pro wrestling. If they are not buying tickets, no one is making money. If no one is making money, the promotion will cease to function. In that case, there will be no wrestling! So, as wrestlers, managers, referees, and valets, you must make sure that you send the fans home happy.

The best way to please the fans is to have good matches. A heel (bad guy) has the job of getting the fans to like or feel sorry for the babyface (good guy). In doing that job successfully, fans will become rude, get mad (at times irate), give obscene gestures. At times you will take shots verbally and physically, if fans are getting on your nerves. It is important that you remember two things: 1) you must be doing your job, and 2) never touch a fan. This goes for everyone. No one wins when a fan gets hit or hurt.

Hopefully, the following pages of this text will guide you in the right direction.

## REFEREE

The referee, or third man in the ring, is a very important job for several reasons which will be explained to you by the wrestling school of your choice. There are some things that are very important to remember. The referee is THE authority figure. To the fans, you are the person who should be in control.

It can be a thankless job, but you will receive your gratification from the wrestlers and promoter. The referee can make a bad match good, or a good match bad.

States with athletic commissions will require that a referee be licensed. The best way to train as a referee is to ref every time you get a chance. This also includes the opportunity for training when the wrestling schools have training matches.

## MANAGER

Managers are actually doing much more than they appear to be doing. It is actually very hard to get the feeling for the job until you are in the ringside situation. A good manager needs to know crowd psychology and understand the story of a match and how it unfolds.

It is a very hard job to make a living being a manager. However, there are some managers that are making very big money. The majority of them make very little, and some do it for a percentage of ticket sales. Plan to stick with it, because it's not going to happen over-night. There are also managers that actually work behind the scenes, booking towns, flights, and doing bookkeeping.

These managers are hired by the wrestlers themselves. Or on occasion, a manager will put a wrestler through school as part of an agreement between the two.

## VALET

Valets are, essentially, female managers. But it is evident if you have been watching W.W.F., W.C.W., or E.C.W. events that women valets are very hot right now, and it could be a very good time to start.

## HOW TO PICK A SCHOOL

Find out what kind of wrestler is running the school, and what kind of talent did he or she have. Were they technicians of wrestling holds, grips and high spots? Or were they kickers and punchers? Did they have scientific matches, or did they chop meat and have blood baths?

What kind of amateur background was there? What major promotions did the wrestler work for, and for how long? Any school worth going to will offer a well-documented background that can be easily checked out. How long has the school been in business? Is it a hobby, or full time business for the wrestler running it? Is he or she still wrestling? If so, how much time do they personally devote to the school, and who does the training for them when they are gone?

Who has the school trained, and are the students making a name for themselves today? What is the track record, and what are the guarantees? What is the refund policy? Is financing available? How much does enrollment cost? How long is the training program? Keep in mind that the average student takes three to four months to learn the basics (some exception do apply!). Some students take less time; some take longer than average.

If you need to work, does the school's schedule conflict or coincide with your work schedule? Have your list of questions ready when you call. Don't waste the time of the person you are talking to by fumbling through or trying to remember your questions as you go along.

If you are serious about enrolling, plan now for wrestling school and save your money so that you can get started. If you are just calling to find out prices at each school, and are not planning to go for six months or more, let the instructor know as soon as you call so that he will be able to help you better. There could be price increases or change of venue that he may not tell you about that you will need to know.

## CONTACTING PROMOTERS

OK. You've reached the point in your training where you're ready to have some real matches. You feel comfortable in the ring. You've had many, many practice matches with your training partners and have worked out and feel ready to go. Don't start out by contacting the W.C.W. or W.W.F.; you're not ready for that!

You want to start with the small, independent promoters in your area, or within reasonable driving distance to you. Look in this guide to find promotions within your area, but also be aware of any wrestling shows being promoted near you. New promotions are always starting up and are in need of good talent. Knowing someone in the business is a great way to get your "foot in the door". This is not always possible, so you must be prepared to do it on your own. The proprietor of the school you attended may be able to help you, since they are usually veterans of the business, and have many contacts.

First, lets talk about what not to do. Don't approach a promoter at one of his wrestling shows and try to sell him on your qualifications, and what a valuable asset you would be to his promotion. A promoter has a million and one details



to attend to on the night of a show, and doesn't want to be distracted. If you do get the opportunity to talk to him at the show, be brief. Introduce yourself, tell him you're a wrestler and that you'll be sending him a promotional package about yourself. That's it! Don't approach or call him at his home or place of business. Most independent promoters conduct their wrestling businesses from their home, and want to discuss business at their convenience. If you don't know where to send your promotional package, ask him or someone else associated with the promotion (wrestler, security guard, ticket taker, etc.).

What should you include in your promotional package? First, a cover letter, preferably typed on good stationery. Don't send a sloppily written letter on a piece of notebook paper. This looks very unprofessional, and will hurt your chances to work for this promoter. Simply state that you are beginning your wrestling career and would appreciate being considered for a spot in his promotion. If you went to his show, tell him how much you enjoyed it and that you would welcome the chance to be a part of his organization.

Next, include a resume page. This would consist of your name, address, phone number, height, weight, age, the wrestling school you attended (or the person who trained you) and any amateur wrestling experience you might have had. You should also include your present occupation, any professional wrestling experience you have, and if possible, the name of someone in the business who could be used as a reference. Even if you have little or no experience in this business, you may have met someone that you made a favorable impression on, who would be willing to put in a good word for you. Don't be afraid to ask.

Next, you should include one or two 8"x10" photos of yourself in wrestling gear. If you can afford to, go to a good photographer and get a set of proofs (set of different poses, usually about 12-15 shots) and then choose the best ones, enlarged into the 8"x10" format. If this isn't possible, just use a good camera and have the pictures taken against a neutral background, and then have them enlarged. It is best to include one black and white, and one color photo; but one black and white photo is acceptable. Don't send an action photo, as this won't accurately portray what you actually look like.

Finally, the package should include a VHS tape of yourself in action. If you don't have any matches taped, or have yet to have a match, send a video of yourself in one of your training sessions. Pick your best training partner and have a simulated match, but treat it like the real thing. Showcase your best moves and make it a good give-and-take match. Don't send a promoter your version of "Gone With The Wind", as three or four minutes of action is fine. At the end, do a brief promo. Think of something different and unique about you, and say it. (See interview section). The wrestling school you attend, or the person who trains you, can be a great help in preparing this package. Make use of their expertise to make your presentation as professional looking as possible. First impressions are important!

Send your promotional package to as many promoters as you can. If you don't receive any reply in a month or so, write again stating that you have sent the package and want to make sure that it has been received. If you don't receive a reply from a promoter, don't become discouraged and give up.



Keep trying. Remember what Abraham Lincoln (or some famous person) once said: "I shall prepare myself, and someday my time will come."

## DO'S AND DON'TS

**DO'S:** Obtain the best possible training and indoctrination to the business available. Whether you go to one of the schools listed in this publication, or receive private training, it is imperative that you learn the basics. This will provide you with a solid foundation on which to build your skills and your career.

2. Remember that one of the major keys to success in this business is to be unique. Try to put a different spin on everything you do in order to make yourself as different as possible from other wrestlers.

3. Make sure you know your primary purpose in the ring. Of course, your job is always to entertain the fans, but there is more to it than that. For instance, if you are wrestling the world champion on TV, more often than not, your primary purpose is to make him look good. If you are more concerned with making yourself look good, it will show and you will be considered unprofessional and it could hurt your career. Another example would be for wrestlers in the opening matches using tactics and maneuvers in their match that should be reserved for the semi and main events, such as going in and out of the ring, using chairs, coming off of the top ropes, etc.

4. Study, study, study every facet of the wrestling business. Watch wrestling on TV as often as you can. Read wrestling magazines and newsletters. Watch what the top wrestlers do in the ring, and say in their interviews. This knowledge will be invaluable when it comes to developing your own unique style.

## **DO'S AND DON'TS - continued**

- DO:** 5. Keep you mouth shut.
6. Listen to everyone who offers constructive criticism.
7. Be at least one (1) hour early to the locker room.
8. Put your boots on and get ready to wrestle.
9. Find out what match you are in.
10. Talk to the Promoter and find out what he is looking to accomplish with you and your match, if anything.
11. Give your announcer the correct and accurate information you and the promoter want him to have as soon as possible.
12. Give the sound man your music cued up and ready to go.
13. Keep your equipment in good condition at all times. A helpful hint is to replace your boot laces with nylon cord found at any hardware store. You will never have to worry about them breaking.
14. Get directions to a town if you have never been there before, and keep a map in your car. Get the exact address of the building and phone number if possible.
15. Get licensed in advance. If possible, check with the promoter or booker about state and/or city commissions or regulators.

## DO'S AND DON'TS - continued

- DON'TS:** 1. Don't give advice if no one has asked you for it.
2. Go near or put your hands on anyone's property.
3. Boast to everyone that you are the best wrestler around, even if you believe it yourself.
4. Leave a mess in the locker room. Pick up after yourself, and remember that you are the guy wearing the tape, bandages, and make-up, not the promoter, booker or janitor. Don't expect them to clean up after you.
5. Assume that you know what the promoter wants, or your opponent, or even the crowd.
6. Practice poor hygiene habits. No one wants to wrestle someone who stinks or has bad breath. Even if your gimmick is to be a stinking bum, be a good-smelling stinking bum.
7. Bug the promoter if you are just standing around, or ask to go to the locker room to stand by in case of a 'no show'. Remember, you are not invisible. He will see you, especially if you are ready to go. If there is a 'no show', he is in a spot to make a match and he will remember you are there, believe me.

## HELPFUL HINTS

1. If you train at a wrestling school, you will meet many people with the same interests as yours, and make new friends. This is your first helpful hint: **DON'T BURN ANY BRIDGES!** That means to keep on good terms with every one you contact. The one guy you make mad could be the guy in a position to hire or fire you one day!

2. Don't make every friend you meet a potential tag team partner. There are several reasons for this: Tag teams are harder to book than single matches. For example, let's say that a promoter has six matches on a card and he pays each wrestler \$100.00, plus the \$30.00 per wrestler that it costs for insurance. That equates to \$260.00 per match times 6 matches, or \$1560.00. If the matches were tag team, the cost for the promoter would be \$3120.00 because every match that is tag costs twice as much. That is why there is usually only one tag team match per show, unless it is a major big budget show.

3. You don't have to have a tag team partner to share expenses on the road. Traveling on the road can be a very pleasurable experience. Chances are that when you start out, you will be paying your own expenses on the road. Find someone that is booked in the same town and go together to save gas and tolls. If the same person drives all the time, usually the other riders will pay transportation costs (ex. - 6 cents per mile) and split tolls equally between riders and driver.

4. On long trips, take your food and drink with you. You will find that it is much cheaper than eating and drinking every meal on the road.

5. Don't be a bum and mooch. Use your own shampoo and toiletries. Eat your own food and drinks. Use your own tape or face paint unless you legitimately run out. Then replace yours immediately.

6. Sharing a room can save you lots of money on the road. Some day you will be a Star, and the promoter will be picking up the tab for your expenses. Unfortunately, we don't start out as Stars. Two wrestlers sharing a room for two is usually more than 50% cheaper. Leave the room clean. You don't have to make the beds, but you can put the trash in a trash can. Don't steal the towels. Wrestlers have a bad enough name as it is. Be proud of what you are.

7. Remember, you will be noticed by the promoter for many reasons, including your body, your wardrobe, and your gimmick. Once you take off the robe and the bell rings, it's your basic knowledge that will be your salvation. No matter how fancy the robe, how great the face paint, how loud the the music, or how rippled the body is, if you don't know the basics, it's over before it starts.

8. When you pick a Pro Wrestling School and you show up for your try-out, be in shape!

9. Lots of young people are worried about size. Don't be! For example, it is much easier to learn a drop kick or flying head scissors at 175 lbs. than at 250 lbs. As you train, you will grow and gain weight.

10. To avoid trouble and insure safety, breathe through your nose. It keeps your mouth shut!

## INTERVIEWS

Interviews are an extremely important part of the wrestling business. Through your interviews, you can set yourself apart from other wrestlers and develop and enhance your own unique and different personality. They are almost as important as your physical appearance and performance in the ring, and should be treated as such. Time invested in perfecting your interview performance will pay big dividends in furthering your wrestling career.

When doing an interview, you are trying to help the fans follow the story line of the angle (a series of matches) or individual match in which you will be performing. You may have watched wrestlers do interviews and thought to yourself: "If this guy ever had an original thought, it would die of loneliness!". They scream and yell and spit and snort about how they are going to tear off their opponent's arms and legs and other body parts. This is fine for a small portion of your interview, or if the situation between you and your opponent has reached a fever pitch; but if all your interviews are done this way, they will be boring and repetitive.

When doing interviews, vary the tone and pitch of your speech. Start talking in a normal voice, even a near whisper; then increase the volume and accelerate the tempo of your speech until you build to a crescendo at the end of your interview. Or just do the whole interview in a normal speaking voice if it's the kind of promo where you want to convey some very specific points. Interviews can be the best way to make yourself stand out from the crowd, and be noticed.



Have a theme or themes in your interviews. These are things that you can always fall back on and incorporate into your interviews. They will help you to establish your identity as a wrestler. You can talk about your impressive physical appearance, your size, your speed, your tremendous agility and wrestling skills. You can talk about your devastating finishing maneuver or a monumental feat that you have accomplished. For example, Big John Studd always talked about the fact that he had shaved the head of Andre the Giant. He even used to carry the bag of hair and hold it up during interviews. It didn't matter if he was wrestling The Giant or someone else; he still carried and talked about that bag of hair. It represented a feat that no one else had ever accomplished. It made him unique and made him stand out.

Hulk Hogan always talks about his 24 inch pythons and saying his prayers and eating his vitamins. He talks about the millions of Hulkamaniacs cheering him on. King Kong Bundy talks about beating his opponents with a 5-count so that no one can ever complain that they weren't really beaten. Having a variety of themes to talk about gives you a filler to use in your interviews....when you are not talking about the specifics of a particular match or opponent. They are also useful when doing generic interviews where you have no particular topic to focus on.

One way to make your interviews different is to incorporate current events into them. Think about the things going on in the local, national and world news, and put them into your situation. For example, say there's a presidential election about to take place. You could claim that you would easily win any primary, be a lead-pipe cinch to win your party's



nomination and would bury the other candidates by a landslide in the actual election. Of course, you simply can't run because you are too busy with your skyrocketing wrestling career and quest for the world championship. Then you go on about how you would ingeniously solve every problem known to man, and return the country to greatness; if only you weren't so desperately needed by the world of professional wrestling. You get the idea.

Practice your interviews at every opportunity. You don't need a ring or training partner, so you can practice them anytime, anywhere. Get a tape recorder and listen to your interviews. How does your voice sound? It doesn't need to sound like a TV or radio voice-over guy, but it helps to sound distinctive. We don't mean that it has to sound pleasant to listen to. Gilbert Gottfried has made a career out of a whiny, annoying voice. Like everything else in this business, it should be unique and different and should sound like you absolutely and truly believe what you are saying. If you don't sound like you believe it, no one else is going to, either!

Also, video-tape your interviews and watch your gestures and facial expressions. Do they accurately convey what you're trying to say? Work on your interviews and get confident in your ability to do them. Whether they are on camera or just a brief speech when you are getting into the ring to wrestle, they can go a long way toward establishing your character and believability as a wrestler.

## WRESTLING PUBLICATIONS

The following magazines cover all areas of wrestling. Read them to learn more about the business and find out who and what's hot and what's not. They can be found on most newsstands:

*PRO WRESTLING ILLUSTRATED*

*WWF MAGAZINE*

*THE WRESTLER*

*INSIDE WRESTLING*

*SPORTS REVIEW WRESTLING*

*WRESTLE AMERICA*

*WRESTLING BAD GUYS*

*WRESTLING SUPERSTARS*

*W.C.W. OFFICIAL MAGAZINE*

## WRESTLING NEWSLETTERS

The following newsletters (also known as "Dirt Sheets", because they give you the inside dirt) give a much closer look at what's going on behind the scenes in professional wrestling. You may find them interesting. Write for subscription information.

*PRO WRESTLING MONTHLY*

*568 Speedwell Avenue*

*Morris Plains, NJ 07950*

*THE WRESTLING LARIAT*

*P.O. Box 612*

*Marmora, NJ 08223*

## **WRESTLING NEWSLETTERS - cont.**

*WRESTLING OBSERVER*

*P.O. Box 1228  
Campbell, CA 95009*

*WRESTLING CHATTERBOX*

*23-44 30th Drive -  
Astoria, NY 11102*

*WRESTLING TRIBUNE*

*P.O. Box 701  
Buffalo, New York*

## SOURCES OF WRESTLING EQUIPMENT

You can't just walk into your local clothing or even sporting goods store and buy wrestling wear. And if you go to a tailor, we have found the cost to be prohibitive. The following three companies carry high quality products at reasonable prices.

They have a large assortment of tights, trunks, etc. in a variety of colors and styles. There are many stock items such as lightning bolts, stars, and emblems which can be added to your outfit. They can also custom-make just about anything from your design. Call or write them for a catalog and price list:

K & H Originals  
P.O. Box 447  
Johnstown, OH 43031  
614-855-1535

Bizare Bazzar  
P.O. Box 6188  
Gulf Breeze, FL 32561

Southeastern Wrestling and Sports Wear  
1175 Danner Street  
Atlanta, GA 30316  
404-627-5198

For wrestling boots, the following company provides excellent quality at a reasonable price. They can custom-make boots to your specifications, but their standard boot will be fine when starting your career. Call or write for more information:

B-Bar-A Boot Shop  
Rt. 2, Box 48B  
Paris, AR 72855  
501-963-3353

# WRESTLING SCHOOLS

## THE MONSTER FACTORY

P.O. Box 345

Westville, NJ 08093

Phone: 609-845-5330

Fax: 609-845-6719

### Students:

King Kong Bundy

Rocko Rock

Kevin Von Eric

The Pit Bulls

Mr. USA Tony Atlas

911 a.k.a. Big Al,

Bam Bam Bigelow

the Sledge Hammer

Virgil, the Body Guard

Kama, a.k.a. Papa Shango,

Skip of the Body Donnas

a.k.a. Sole Taker

Ravin, a.k.a. Scotty the Body

Tatanka

a.k.a. Jonny Polo

The WCW World Champion  
Giant

## SKULL KRUSHERS

P.O. Box 6188

Gulf Breeze, FL 32561

Phone: 904-934-8435

Fax: 904-932-8571

### Students:

Lord Stephen Regal

Awesome Al Savage

Benard Van Dam, a.k.a. Belgian Bomber

## **WRESTLING SCHOOLS - cont.**

**IVAN KOLOFF & ASSOCIATES**  
P.O. Box 23360  
Charlotte, NC 28227

**THE WRESTLING ACADEMY**  
1530 Carol Drive, Building 106  
Atlanta, GA 30318  
Phone: 404-473-9364  
Attn.: Mr. Joe Hamilton

**WILD SAMOANS**  
719 Jordan Parkway  
Whitehall, PA 18052  
Phone: 610-435-1666

Students:

Yokozuna

Head Shrinkers

Paul Orndorff

Junk Yard Dog

Training Mon.-Wed.-Thurs. & every other Saturday

### **UNPREDICTABLE JOHNNY RODZ SCHOOL OF PRO WRESTLING**

c/o Gleeson's Gym, 75 Front Street  
Brooklyn, NY 11201  
Phone: 718-338-9765, 718-797-2872

Students:

S.D. Jones                      Jose Estrada

Tazmaniac                      Humerous

Tommy Dreamer

# WRESTLING SCHOOLS

WALTER (KILLER) KOWALSKI

Box 67

Reading, MA 01867

Phone: 617-438-7454

Fax: 617-279-7748

Students:

Big John Studd

The Eliminators

Bastien Booger

Misty Blue

Kat Leroux

Hunter Hurst Helmsley

2 midgets and many WWF job guys

PRO WRESTLING AMERICA TRAINING CENTER

1800 Mechanic

Attn.: Mr. Eddie Sharkey

St. Paul, MN 55119

WARRIOR UNIVERSITY

P.O. Box 12009668

Scottsdale, AZ 85267

Phone: 602-566-4276

# **WOMEN'S SCHOOLS**

**THE FABULOUS MOOLAH WRESTLING SCHOOL**

**P.O. Box 42061**

**Columbia, SC 29206-001**

**CORA & DEBBIE COMBS**

**P.O. Box 22868**

**Nashville, TN 37202**



# **WRESTLING FEDERATIONS**

**AAA**  
68 Sable Point  
Alameda, CA 94502

**ACW PRO WRESTLING**  
P.O. Box 146  
Bowers, PA 19511

**ALL-PRO WRESTLING**  
1509 East Watauga  
Johnson City, TN 37601

**ALL-STATE WRESTLING**  
3724 Walker Boulevard  
Knoxville, TN 37917

**APPALACHIAN CHAMPIONSHIP WRESTLING**  
1269 12th Street  
Weston, WV 26452

**ASWA**  
P.O. Box 871  
Galion, OH 44833

**ATLANTIC WRESTLING FEDERATION**  
42 Colonial Road  
Medfield, MA 02052

ATLANTIC WRESTLING FEDERATION

6308 Panther Lane, H-14

Ft. Meyers, FL 33919

AMERICAN COMMONWEALTH WRESTLING

P.O. Box 549

Dauphin, PA 17018

BORDER CITY WRESTLING

6565 Malden Road

LaSalle, Ontario, Canada N9H 1E9

CANADIAN ROCKY MOUNTAIN WRESTLING

1818 34th Avenue SW

Calgary, Alberta, Canada

CENTRAL CHAMPIONSHIP WRESTLING

1336 Eastover

St. Louis, MO 63130

CENTURY WRESTLING ALLIANCE

45 Newberry Street

Revere, MA 02151

CHAMPIONSHIP WRESTLING AMERICA

8706 Meridian

Indianapolis, IN 46260

CLEVELAND ALL-PRO WRESTLING

10901 Adeline

Cleveland, OH 44111

CUMBERLAND WRESTLING COUNCIL

Route #2, Box 292-C

Oneida, TN 37841

EXTREME CHAMPIONSHIP WRESTLING (ECW)

c/o Carver W. Reed

5th at Sarasota

Philadelphia, PA 19101

FLORIDA WRESTLING ALLIANCE

P.O. Box 22164

Tampa, FL 33622

FLORIDA WRESTLING COUNCIL

c/o Tampa Sportatorium

Tampa, FL 33622

FLORIDA WRESTLING FEDERATION

222 Farnol Street

Winter Haven, FL 33880

FLORIDA INDEPENDENT WRESTLING

c/o Tampa Sportatorium

106 N. Albany

Tampa, FL 33622

GLOBAL WRESTLING ASSOCIATION

P.O. Box 1472  
Lima, OH 45802

GLOBAL WRESTLING FEDERATION (GWF)

c/o The Sportatorium  
1000 South Industrial  
Dallas, TX 75207

INDEPENDENT CHAMPIONSHIP WRESTLING -ICW

c/o Mickey Spencer  
716 Latimer Drive  
Wilmington, NC 28403

INTERNATIONAL CHAMPIONSHIP WRESTLING A.

P.O. Box 22164  
Tampa, FL 33622

INTERNATIONAL WRESTLING ASSOCIATION

c/o Pete Lucic  
418 Orchard Avenue  
Niles, OH 44446

INTERNATIONAL WRESTLING FEDERATION

Box 67  
Reading, MA 01817

INTERNATIONAL WORLD CLASS CHAMPIONSHIP  
WRESTLING (IWCCW)

11 Alpine Road  
Parsippany, NJ 07054

JAMES HINES PROMOTIONS  
P.O. Box 602  
China Grove, NC 28023-0602

MID-ATLANTIC WRESTLING  
P.O. Box 286  
Wilmington, NC 28480-0286

MID-ATLANTIC WRESTLING ALLIANCE  
3412 Swover Creek Road  
Edinburgh, VA 22824

MID-WEST CHAMPIONSHIP WRESTLING  
c/o Mira Productions  
1776 Columbus Road  
Cleveland, OH 44113

MIDWEST TERRITORIAL WRESTLING  
P.O. Box 4428  
Dearborn, MI 48126

MOTOR CITY WRESTLING  
P.O. Box 1483  
Warren, MI 48090-1483

NATIONAL WRESTLING ALLIANCE  
1001 South Industrial Road  
Dallas, TX 75207

NATIONAL WRESTLING LEAGUE  
1100 N. Potomac Avenue  
Hagerstown, MD 21742

NORTH GEORGIA WRESTLING ALLIANCE  
4851 Highway 85 South, Suite 207  
Forst Park, GA 30050

NWA CHAMPIONSHIP WRESTLING AMERICA  
P.O. Box 222  
National Park, NJ 08063

PACIFIC COAST SPORTS  
21063 Cabot Boulevard, Suite 1  
Hayward, CA 94545

PENNSYLVANIA CHAMPIONSHIP WRESTLING  
3100 Cricket Road  
Reading, PA 19605

POWER ZONE WRESTLING ALLIANCE  
Route 1, Box 172A  
Shawnee, OK 74801

PROFESSIONAL CHAMPIONSHIP WRESTLING FED  
Plant City Auction House  
Plant City, FL 33566

PROFESSIONAL GIRLS WRESTLING ASSOCIATION  
c/o Special Events Promotions  
P.O. Box 453  
Wilksboro, NC 28697

PRO WRESTLING AMERICA (PWA)  
1800 Mechanic Street  
St. Louis, MN 55119

PRO WRESTLING FEDERATION (PWF)  
P.O. Box 472822  
Charlotte, NC 28247

RIVER CITY WRESTLING  
#201-551 Leila Avenue  
Winnipeg, Manitoba R3t 4S5

SOUTH ATLANTIC PRO WRESTLING  
P.O. Box 541  
Indian Trail, NC 28079

SOUTHERN CHAMPIONSHIP WRESTLING  
c/o Jack Cates  
2503 Fletchers Chapel Road  
Durham, NC 27704

SOUTHERN STATES WRESTLING  
P.O. Box 125  
Fall Branch, TN 37656

SPECIAL EVENTS PROMOTIONS - PGWA  
P.O. Box 453  
Wilksboro, NC 28697

SPECTRUM SPORTS CHAMPIONSHIP WRESTLING  
(616) 780-2299

STEEL CITY WRESTLING  
18 Kinzua Road  
Pittsburgh, PA 15237

TRI-STAR WRESTLING  
1705 Dry Gap Road  
Dalton, GA 30720

UNITED STATES WRESTLING ASSOC. - USWA  
467 Cumberland Hills Drive  
Hendersonville, TN 37075

UNITED STATES WRESTLING LEAGUE  
235 South Duffy Road  
Butler, PA 16001

UNIVERSAL WRESTLING SUPERSTARS  
P.O. Box 060759  
Staten Island, NY 10306

VIRGINIA WRESTLING ASSOCIATION-  
P.O. Box 34142  
Richmond, VA 23234

WEST COAST CHAMPIONSHIP WRESTLING  
P.O. Box 16511  
Bear Creek Postal Outlet  
Surrey, British Columbia V3W 2P5

WEST FOUR WRESTLING ALLIANCE  
1900 Pemeblina Highway  
Winnipeg, Manitoba R3T 4S5



WILD WOMEN OF WRESTLING, INC.  
P.O. Box 652052  
Miami, FL 33265-2052

WINDY CITY WRESTLING  
P.O. Box 170048  
Chicago, IL 60617-0048

WORLD CHAMPIONSHIP WRESTLING  
1 CNN Center  
P.O. Box 105366  
Atlanta, GA 30348

WORLD WIDE WRESTLING FEDERATION  
1551 Moyers Road  
Hatfield, PA 19440

WORLD WRESTLING ALLIANCE  
P.O. Box 345  
Westville, NJ 08093

WORLD WRESTLING FEDERATION - WWF  
P.O. Box 3857  
Stamford, CT 0690

## CONCLUSION

Now that you have finished the quintessential guide for getting started in your chosen profession, there are some points we'd like to make. Just because you have gone to a wrestling school or been able to book yourself in a match, just remember that you are far from being a polished professional.

You will be considered green for quite some time to come, and you have no reason to let wrestling go to your head. Remember the helpful hints and the do's and don'ts, and apply them. They will work for you; they are tried and true. You will only get out of wrestling what you put into it. So always give 110%. Do what you are asked and keep your eyes and ears open, and your mouth shut.

We wish success to each and every one of you. If you'd like to learn more about other jobs and opportunities in professional wrestling, we recommend that you read "Inside Secrets on How YOU Can Enter the Exciting World of Pro Wrestling!" by Dennis A. Brent, with Percy Pringle III. Good luck to one and all; we hope that you have enjoyed "Hittin' the Mat."

Pretty Boy Larry Sharpe  
and  
King Kong Bundy



